(TMI Focus, Vol. XIV, No. 3, Summer 1992)

BOOKS

These books are not offered through our catalog. They may be purchased at your local bookstore.

Free Rides: How to Get High Without Drugs, by Douglas Rushkoff and Patrick Wells ($8.00, softcover, Dell) offers myriad techniques for finding your state of bliss, from visual highs to sound and music; from sex to deep breathing; from hardware to dreaming. The chapter on out-of-body experiences enthusiastically discusses Bob Monroe's books and the Institute's programs.

Out-of-Body Adventures, by Rick Stack ($7.95, softcover, Contemporary Books) is subtitled "30 Days to the Most Exciting Experience of Your Life." This "how-to" includes step-by-step techniques and instruction in getting out of your body, overcoming fear, and things you can do once you are out. References are made to some of the concepts Bob Monroe introduced in *Journeys Out of the Body*.

Supermemory: The Revolution, by Sheila Ostrander and Lynn Schroeder ($21.95, hardcover, Carroll and Graf). This new book from the authors of *Psychic Discoveries Behind the Iron Curtain* and *Superlearning* explores the creative powers of memory, reveals declassified information about memory weapons, talks about high-tech memory-boosting machines, and offers practical advice for improving intelligence and memory. There is a detailed account of the success of Hemi-Sync® in the classroom. TMI is mentioned again in a discussion of OBE and NDE (near-death experience).

The Warrior's Edge, by Col. John B. Alexander, Maj. Richard Groller, and Janet Morris ($19.95, hardcover, William Morrow & Co.) discloses U.S. military training techniques, many previously classified, for extraordinary performance and adapts them as success strategies for your business and your life. Bob Monroe's work is mentioned in a discussion about OBE and remote viewing; Hemi-Sync is reviewed in the chapter called "Accessing Power."

With the Eyes of the Mind, by Glen O. Gabbard and Stewart W. TVvemlow ($35.00, hardcover, Praeger Publishers) is an empirical analysis of out-of-body states. Based on information from 339 subjects, this work represents the first large-scale, psychiatrically oriented research project designed to study people who have reported OBEs. Bob Monroe was one of the subjects of this study whose case is reviewed in detail.

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